



WORKOUT PLANNER

DECEMBER 2018

S	M	T	W	T	F	S
						1 P: C:
2 P: C:	3 P: C:	4 P: C:	5 P: C:	6 P: C:	7 P: C:	8 P: C:
9 P: C:	10 P: C:	11 P: C:	12 P: C:	13 P: C:	14 P: C:	15 P: C:
16 P: C:	17 P: C:	18 P: C:	19 P: C:	20 P: C:	21 P: C:	22 P: C:
23 P: C:	24 P: C:	25 P: C:	26 P: C:	27 P: C:	28 P: C:	29 P: C:
30 P: C:	31 P: C:					

P = Planned
C = Complete

FITNESS GOALS